

PLEASE SIGN IN DAILY-THANKS!

Reminder!

8:30-11am

Wednesday, November 6th

Houston Food Bank
Truck & Resource Fair
Sponsored by:

"Pinnacle Volunteers"

MONDAY

Silver Sneakers Schedule

Instructor: Iris Cheng

Monday- 8AM

Cardio Strength

9-9:30AM- Tai Chi

Tuesday- 8AM

Flexibility & Stretch

Wednesday-8AM

Yoga Stretch Chair

*New Schedule due to
opening of the pool*

The Pool is Open
For Pinnacle Aquatic
Fitness Center
See separate schedule
.....

All Silver Sneakers classes will be
held at the Aquatic Fitness Center

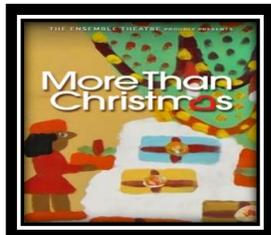
"On Election Day"

TUESDAY

Ensemble Trip

Sunday, November 10th

Please pick up your ticket at the front desk
prior to the day of the play



Busses leave the Pinnacle at
1:45PM

The PINNACLE
Senior Center of
Fort Bend County

November 2019

"Happy Veterans & Thanksgiving Days"

5525-C Hobby Rd. Houston, TX 77053

M-F 7:30am-7:30pm Sat. 8-11am

WEDNESDAY

**General Voting
November 5th**

7am-7pm



**Doors open at 7AM and
Closes at 7PM for Voting**

**Classes normally held in
the Multipurpose Room
are canceled on today**

Intro to "AARP"
w/Monty Patch

**November 14th
11AM**

His lecture describes AARP's history,
the services conducted for
local/state/national areas, it's numerous
benefits for being a member, and its
volunteer activities and benefits.

THURSDAY

**Happy Friendsgiving
Luncheon**

November 13th

11AM - 2PM

Fort Bend County Precinct 2
Constable Daryl L. Smith Sr.
cordially invites you to the 1st
Annual Holiday Luncheon. Come
out and enjoy a
Happy Senior Friendsgiving.
For details sign-up at front desk

•EVENING SCHEDULE•

Monday-5-6pm Line Dance w/Sheila
6-7pm -MixedFit w/ Anjonee

Tuesday-6-7pm Zydeco

Wednesday- 6-7pm Line Dance w/Bonнита

1st Thursday-6-7pm- OPEN

2nd, 3rd & 4th Thursday 6-7pm

Two Stepping w/Marvin

Monday-Friday-6-7pm- WalkFit DVD's

FRIDAY/SATURDAY

1) 8am- Wake Up & WALK!

9am- Fitness Friday

**9am-Sewing/w Lula &
Bling w/Harriett**

**11am-Fellas Let's Get Fit
12pm-Chair Fit w/Freeman DVD**

12-2pm-Wild & Wooly Women

2-6pm-The Peak Table Games

6-7pm-Fitness DVD

Saturday 10-5-19

8am-Wake Up & Walk DVD

9-10:45-Yoga & Meditation w/DihAnah

4) 8am-Wake Up & Walk!

8am - 1pm MARKETPLACE MONDAY

9am-Fitness

10am- Line Dance w/Sheila

11am-ZUMBA™w/Valerie

1pm-Fitness

(Flexibility)

2-6pm-The Peak Table Games

5-6pm- Line Dance w/Sheila

6-7pm-MixedFit w/Anjonee

Walk DVD

5) 8am-Wake Up & WALK!

9am-Strength Training

9am- Chair Fit DVD w/Freeman

10am-Fellas, Let's Get Fit!

11am-Greater Works

Bible Study

•• Canceled due to Election ••

11am-Chair Fit

12pm-Afternoon Fitness w/Valerie

1-3pm-Bridge-Canceled due to Election

3-6pm Peak Table Games-Canceled

6-7pm-Walk DVD ■ NO ZYDECO ■

6) 8am- Wake Up & WALK!

8:30-11AM- Food Bank Truck

9am- Fitness

9-11am-Ping Pong

10am-ZUMBA™ w/Valerie

11am-Two Stepping w/Marvin

12pm-Line Dancing w/Faye

12-2pm-Wild & Wooly Women

1pm-Fitness (Ab Workout)

2-6pm-The Peak Table Games

6-7pm-Line Dance w/Bonнита Walk DVD

7) 8am- Wake Up & WALK

9am-Functional Fitness

10am-Computer Class-

Blogging for Dollars

Library Programming

10:30am-Chair Fit

11AM-Healthy Eating w/Deanne

2-6pm-The Peak Table Games

5-6pm-Sign Language

w/Marsha

6-7pm-Two Step w/Marvin /Walk DVD

8) 8am- Wake Up & WALK!

9am- Fitness Friday

9am-Sewing w/Lula

Bling w/Harriett

11am-Fellas Let's Get Fit

12pm-Chair Fit w/Freeman DVD

12-2pm-Wild & Wooly Women

2-6pm-The Peak Table Games

6-7pm-Fitness DVD

Saturday 10-12-19

8am-Wake Up & Walk DVD

9-10:45-Yoga & Meditation w/DihAnah

Schedule Subject to Change

please call: 832-471-2765

Especially inclement weather days

**Nexus w/Silverado will
be rescheduled in 2020**

Please support your VOLUNTEERS with
a kind and generous donation!
All classes except Freeman's are
Taught/Facilitated by Volunteers!!!!

Freeman's Classes will
continue with the DVD until
a new instructor is hired

Visit us online at:

**www.fortbendcountytx.gov under
Departments/Health & Human
Services**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

11) Fort Bend County Holiday
The Pinnacle Senior Center will be CLOSED in observance of the Veterans Day Holiday



12) 8am-Wake Up & WALK!
9am-Strength Training
9am- Chair Fit DVD w/Freeman
10am-Fellas, Let's Get Fit!
11am- Greater Works Bible Study
11am-Chair Fit
12pm-Afternoon Fitness w/Valerie
1-3pm-Bridge
3-6pm Peak Table Games
6-7pm-WalkDVD / Zydeco

13) 8am- Wake Up & WALK!
9am- Fitness
9-11am-Ping Pong Open Play
10am- ZUMBA™ w/Valerie
11am-Two Stepping w/Marvin
12pm-Line Dancing w/Faye
12-2pm-Wild & Wooly Women
1pm-Fitness (Ab Workout)
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonnita/Walk DVD

14) 8am-Wake Up & WALK!
9am-Functional Fitness
10am-Practical 3D Printing Library Programming
10:30am-Chair Fit
2-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha
6-7pm-Two Step w/Marvin Walk DVD

15) 8am- Wake Up & WALK!
9am- Fitness Friday
9am-Sewing w/Lula
11am-Fellas Let's Get Fit
12pm-Chair Fit w/Freeman DVD
12-2pm-Wild & Wooly Women
12-3pm-Red Hat Society
2-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 10-19-19
8am-Wake Up & Walk DVD
9-10:45-Yoga & Meditation w/DihAnah

18) 8am-Wake Up & Walk!
9am-Fitness
10am- Line Dance w/Sheila
11am-ZUMBA™ w/Valerie
1pm-Fitness (Flexibility)
2-6pm-The Peak Table Games
5-6pm- Line Dance w/Sheila
6-7pm-MixedFit w/Anjonee Walk DVD

19) 8am-Wake Up & WALK!
9am-Strength Training
9am- Chair Fit DVD w/Freeman
10am-Fellas, Let's Get Fit!
11am- Greater Works Bible Study
11am-Chair Fit
12pm-Afternoon Fitness w/Valerie
1-3pm-Bridge
3-6pm Peak Table Games
6-7pm-Walk DVD / Zydeco

20) 8am- Wake Up & WALK!
9am- Fitness
9-11am-Ping Pong Open Play
10am- ZUMBA™ w/Valerie
11am-Two Stepping w/Marvin
12pm-Line Dancing w/Faye
12-2pm-Wild & Wooly Women
1pm-Fitness (Ab Workout)
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonnita/WalkDVD

21) 8am-Wake Up & WALK!
9am-Functional Fitness
10am-Craft Library Programming
10:30am-Chair Fit
11:30AM-4PM-Missouri City Bridge
2-6pm-The Peak Table Games
5-6pm-Sign Language w/Marsha
6-7pm-Two Step w/Marvin Walk DVD

22) 8am- Wake Up & WALK!
9am-Fitness Friday
9am-Sewing w/Lula
11am-Fellas Let's Get Fit
12pm-Chair Fit w/Freeman DVD
12-2pm-Wild & Wooly Women
3-6pm-The Peak Table Games
6-7pm-Fitness DVD
Saturday 10-26-19
8am-Wake Up & Walk DVD
9-10:45-Yoga & Meditation w/DihAnah

25) 8am-Wake Up & Walk!
9am-Fitness
10am- Line Dance w/Sheila
11am-ZUMBA™ w/Valerie
1pm-Fitness (Flexibility)
2-6pm-The Peak Table Games
5-6pm- Line Dance w/Sheila
6-7pm-MixedFit w/Anjonee Walk DVD

26) 8am-Wake Up & WALK!
9am-Strength Training
9am- Chair Fit DVD w/Freeman
10am-Fellas, Let's Get Fit!
11am- Greater Works Bible Study
11am-Chair Fit
12pm-Afternoon Fitness w/Valerie
1-3pm-Bridge
3-6pm Peak Table Games
6-7pm-Walk DVD / NO ZYDECO

27) 8am- Wake Up & WALK!
9am- Fitness
9-11am-Ping Pong Open Play
10am- ZUMBA™ w/Valerie
11am-Two Stepping w/Marvin
12pm-Line Dance w/Faye
Birthday Celebration @ Noon
12-2pm-Wild & Wooly Women
1pm-Fitness (Ab Workout)
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonnita/Walk DVD

28) Fort Bend County Holiday
The Pinnacle Senior Center will be CLOSED in observance of the Thanksgiving Day Holiday


29) Fort Bend County Holiday
The Pinnacle Senior Center will be CLOSED in observance of the Thanksgiving Day Holiday

Closed Saturday 11-30-19

To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver